OVERCOMING BARRIERS: INTEGRATING THE STEEPLECHASE
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Middlebury SportsMagazine

THERE'S ONLY ONE.

FACE OFF

with Athlete of the Year LAUREN GREER

pg. 11

Cover: Photograph (on right) by Trent Campbell

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To our readers:

Welcome to the inaugural edition of *There's Only One Middlebury Sports Magazine*, created by the editors of the *Middlebury Campus*. Free from the usual slate of weekly coverage, *There's Only One* hopes to capture a different side of Middlebury athletics, simultaneously delving into the annals of the College's history while further exploring the current state of sports at Middlebury.

From a never-to-be-broken rebounding record established in 1956 to a record-setting two-sport athlete in 2013, Middlebury has consistently fostered tremendous athletic achievement. Over that time certain programs have mobilized significant change at the national level while others have formed equally important relationships within the town itself. And during it all, Middlebury has seen the rise of sport-specific training and its effect on the fitness level and health of its athletes.

But while the athletes — and the venues in which they compete — have changed over time, the role of athletics in society has remained constant. Between the whistles, athletic competition strives to be organic, unscripted drama. As fans we are trained to focus our collective attention for this period of time, committing moments, plays and statistics to memory.

Beyond the box score, however, the sports that we love have the unique ability to create common ground where there otherwise might not be any. Our shared love for athletics can be a powerful agent of change by cutting through greater cultural differences, though it can also have the effect of reinforcing those differences. As journalists, therefore, our responsibility is to place the game, in all its detail, within this greater context.

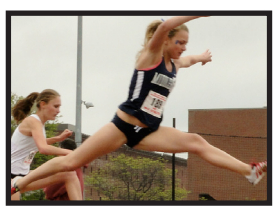
As students, that context is Middlebury. While our experiences are confined to a four-year window, *There's Only One* attempts to capture the vast landscape of Middlebury athletics, past and present, spanning from the Green Mountains in one direction to the Adirondacks in the other.

Finally, we would like to thank those people who made this production, which has been a goal of ours for more than a year, a success. Specifically we would like to recognize Kathryn DeSutter '13, Michelle Smoller '13, Olivia Allen '15, Marea Hatheway '15 and Quinn Proffer '13, all of whom went out of their way to help us create something we are immensely proud of.

We hope you enjoy reading *There's Only One* as much as we have enjoyed writing it. Middlebury has a storied history of athletic achievement — one documented by an equally impressive tradition of journalistic and literary excellence. To this we add our contribution.

With excitement and gratitude,

Alex Edel '14, Damon Hatheway '13.5, Fritz Parker '15 and Owen Teach '13.5



In the spring of 1991 women were barred from running the steeplechase. A small group of Middlebury athletes and coaches sought to change that.

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In the 1950's, the men's basketball team overcame their historic losing streak. Hear the story in the players' own words.

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Middlebury athletes put in time on and off the field, in and out of the pool. Explore the alternatives to traditional workouts: CATZ and CrossFit training.

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The men's hockey team's relationship with the town reflects decades of mutual support. Owen Teach delves into the nuances of this connection.

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BARRIERS

BY FRITZ PARKER
Photograph by Sarah O'Brien

Betsy Leighton '91 remembers the first time she ran the steeplechase. Then a senior psychology major at the College, Leighton had three years of collegiate distance running under her belt. But the steeplechase – with its 35 immoveable barriers spread over 3,000 meters of racing – presented a new challenge.

"I was nervous and excited," said Leighton, who had done the barrier jumps only a few times in practice. "In high school I had done some hurdling races. When it came to the steeplechase I was glad to have that experience in my back pocket."

So when Leighton lined up at the starting line for her first race, there was a clear experience gap between her and her competition. When the gun went off, she quickly fell behind the pack.

"Getting over the barriers got harder with every lap," she remembered. "I will never forget the feeling of exhaustion as I got to the last five laps. I'm 5'2", so the 36 inch barriers felt a lot taller than the 30 inch hurdles I was used to."

But Leighton had more in front of her that day than just barriers on a track, more than any of her competitors could have possibly imagined. That's because in 1991 – when Leighton jumped into that first race at a meet at the University of Vermont – the steeplechase was an event reserved exclusively for men.

The steeplechase demands a combination of strength and endurance found nowhere else in distance racing. Competitors must be able to take the barriers literally in stride – including seven leaps over the iconic water jump – while maintaining a grueling pace, an unlikely blend of skills that makes a good steeplechaser a rare and valuable addition to any track team.

"The 3k steeple is a different animal than the standard 3,000 meters," said Middlebury head track coach Martin Beatty. "You definitely do have to be a stronger athlete to withstand the barriers. It's really different than just running flat."

The steeplechase has its origins in the mid-19th century but, because it was seen as too demanding for women, competition was restricted to men when it debuted at the 1900 Olympic Games in Paris. Women continued to be excluded from the event for much of the 20th century, until the Soviet Union began to allow women to run it informally in the late 1980s. In the beginning, women primarily ran a shortened, 2,000-meter variation of the steeplechase while barrier heights were constantly modified to lessen the race's difficulty and accommodate the perceived limitations of women.

In 1990 – when steeplechaser Carla Borovicka appeared on the cover of *American Athletics* magazine – the shortened version of the event had been run only a few times in the United States, and only at the professional level.

"We had no idea this was going on in Europe," said former Middlebury distance coach Patty Ross. "Then someone gave me a magazine that had a women's steeplechaser on the front."

Ross remembers the first time she spoke with one of her athletes – Kristin Daly '94, then a first-year distance runner – about the possibility of running the steeplechase.

"Kristin was the first one to ask if women can run it. I said there wasn't a women's steeplechase, and she said, 'But is there a rule saying that we can't run it?'"

As the Middlebury team geared up for the 1991 spring track season, Ross quietly spread the idea of running the steeplechase through her group

of women's distance runners, a group which included senior 1,500-meter runner Leighton.

"Patty knew I was big into feminism, and I think that's why she asked me about doing it," remembered Leighton. "She knew I was interested in equality for women in all respects, including sports, as she was. I recall Patty talking about how women in Europe were starting to run the steeplechase, and that she thought women in the U.S. should do it too."

Ross, Daly and Leighton were at first hesitant to publicize their wishes – even to Beatty – fearing that a preemptive denial would make it more difficult for the steeplechase to be approved down the road, particularly as much of the athletics community continued to view the event as too physically demanding for female runners.

"We didn't want anyone to say no," said Ross. "We didn't want to take any chances. I sort of felt like, 'If we're going to do it, we should just do it.'"

So they hatched a plan.

On April 9, 1991, the Middlebury track team travelled to the University of Vermont for a mid-week dual meet against the host Catamounts. Leighton warmed up quietly before the men's steeplechase. When the men began to gather at the starting area, she hid behind the timers' shed with Ross.

"The starting line was near this shed on that track at UVM, so when the men went to go on their marks at the starting line, Betsy jumps out from behind the shed," remembered Beatty.

"At the starting line I recall the starter chuckling as I lined up with the guys," said Leighton. "It was a mass-start, and when the gun went off I tucked into position near the back. It was a balancing act between trying not to make a spectacle of myself, keeping up with the slowest guys, counting laps and getting over the barriers."

In the hazy Vermont afternoon, Leighton's presence went unnoticed for much of the race, even to her own head coach.

"I didn't realize she was in there," said Beatty. As always I was trying to watch everything that was going on. I looked over and was like, 'Betsy?'"

Leighton finished the race that day at UVM, and did so without incident. In fact it had gone almost too smoothly; without the immediate negative reaction that Ross and Leighton had been expecting, they worried that the event would slip by without making the lasting impact that they had hoped for.

"A few people ridiculed me, and there was some heckling at the water pit, but in general the feedback was positive," said Leighton. "In a way it was kind of a let-down that it didn't amount to much once it was over. We packed up the vans and went home."

So they persevered. Leighton went on to finish four more steeplechases during the spring of 1991, running many of them alongside her teammates Daly and Sarah Matchett '93, then a sophomore. With each race, the Middlebury women felt that they were bolstering the case for the steeplechase's official inclusion as a women's event, but there was only so much that could be accomplished on the track.

"I would bring it up in coaches' meetings and I would get yelled at, said Ross. "'Women can't do that' and 'they're not strong enough.' They were intimidating me. Even some of the female coaches didn't support it."

The future of the women's steeplechase was ultimately going to depend on how the politics played out, and the Middlebury runners received much-needed support on that front from Coach Beatty.

"Martin said after Betsy ran, 'I wish you'd asked me, because I would have supported you,'" recalled Ross. "From that moment on, he was all on-board and helpful. He's really the one that kept pushing it."

"It was a catalyst for me," said Beatty. "We always have our annual fall convention for New England track coaches and then a NESCAC coaches meeting. I went and put it on the agenda, and tried to argue it in for the NESCAC meet, which received a lot of opposition."

The resistance was primarily due to the perception that women were physically incapable of running the steeplechase, an opinion which persisted even after the Middlebury women had shown otherwise.

Beatty remembers one particular incident at a NESCAC coaches meeting.

"This one Bates coach, Walt Slovenski – the father of the current Bowdoin coach – he had been there for decades, and he said, 'Women can't do events like that because it will hurt their ovaries and they won't be able to have babies.' I heard this and thought, 'Am I hearing this correctly? Is he for real?' It was kind of an old-boy, old-fashioned sexist sentiment."

"It was pretty frustrating, because I just didn't understand," said Ross. "It was so clear to me and I didn't understand how they couldn't see it. It's like any prejudice. It's hard to see the other side. They were just from a different era."

As their effort was met with mixed reactions from the track and field community, the Middlebury athletes and coaches started a letter-writing campaign to raise awareness and put pressure on the national

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> Patty Ross
> former Middlebury distance coach

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BILLY MILLS ON PURSUING EXCELLENCE: "BELIEVE. BELIEVE. BELIEVE."
CARLA BOROVICKA

coaching leadership. They started by sending letters to the track coaches at other Division III schools, but soon expanded the campaign to Division I coaches and NCAA committee members.

"We got the NCAA book and wrote to all the schools with a track and field program," remembered Ross. "It was thrilling. We went on a little crusade, stuffing envelopes, hundreds of envelopes. It was great to have Martin and Tom Lawson – the Athletic Director here at the time – everybody here supported us."

In addition to collecting signatures at track meets in the spring of 1991, the Middlebury group reached out to prominent members of the professional track and field community in order to strengthen their case. The positive responses they received included a letter of support from Henry Marsh, then the U.S. national record holder in the men's steeplechase. They attached these letters to their official proposal, which Beatty presented at the fall 1991 NESCAC and New England Division III track coaches' meetings.

"The NCAA is slow to change," said Beatty. "After a series of votes, we decided that it could be run as an exhibition event at NESCACs, but even that had a lot of opposition."

In the spring of 1992 the women's steeplechase – in a shorter 2,000-meter form – debuted at the NESCAC championship meet as an exhibition event, meaning it had no effect on overall team scoring.

While this step represented a move towards full inclusion, it was not without incident.

"Unfortunately, jumping off the barrier in the water jump, a woman from Colby landed and broke her ankle so badly that the bone came through the skin," said Beatty. "It was just horrible. That hurt the argument a little bit."

Ross remembers a coach turning to her in the crowd just after the accident.

"He said, 'See, that's why women shouldn't do it.'"

The incident caused Colby Athletic Director Richard Whitmore to speak out at the spring 1992 NESCAC coaches' meeting against the inclusion of women in the steeplechase, saying that it was simply "too dangerous" for women to run.

Nevertheless, as Beatty continued to press the proposal in coaches' meetings over the next several years, the women's steeplechase gradually spread through the New England Division III track circuit. As it did, meet organizers continually experimented with various distances and barrier heights to make the event easier for the women.

At one meet in particular – the 1994 Williams Relays – an unusual approach was tried to adapt the race.

"They said that we could run it but it would be half the distance and they would build a ramp going up to the water jump," recalled Ross. "We were like, 'We've already proven that we can do it, but OK.' It was another rainy day and one of our girls slips on the plywood ramp and hurts herself. Ironically it had nothing to do with the actual steeple."

When Middlebury installed its first rubberized outdoor track in 1996, it included a state-of-the-art water jump which could be adjusted for the women's steeplechase. The new facility made it possible for the school to host a full 3,000-meter women's race as part of the 1997 Middlebury Invitational.

"I figured the proposal would work eventually, but that it would just take time, just waiting out the opposition," said Ross.

Later that spring, the women's steeplechase was finally introduced as an official scored event at the NESCAC championships. Other conferences soon followed suit and, in 2002, the NCAA debuted the 3,000-meter women's steeplechase as part of its Division III championship meet.

Running Forward
Kristin Daly '94 attacks a barrier during the 1991 season (top). Coach Beatty and Betsy Leighton '91 appear in a 1991 team photograph (bottom).

Seventeen years after Leighton snuck into a men's race at UVM, the women's steeplechase was first run as an official event at the 2008 Olympic Games in Beijing. This might seem like the end of the story, but it's not; there is still more work to be done towards the ultimate goal of equity in sports.

Even in track and field, women are still barred from the 10-event decathlon, competing instead in the shorter, seven-event heptathlon. The discrepancy is largely a holdover from the days when women were thought to lack the necessary upper-body strength to compete in the pole vault, but it nevertheless continues to this day.

"I think now we're at the point where people are hopefully bright enough to know that women can do all 10 events," said Beatty. "I think there has been talk of somehow phasing it in slowly, but nothing official. That's just another example of how the sport is slow to change."

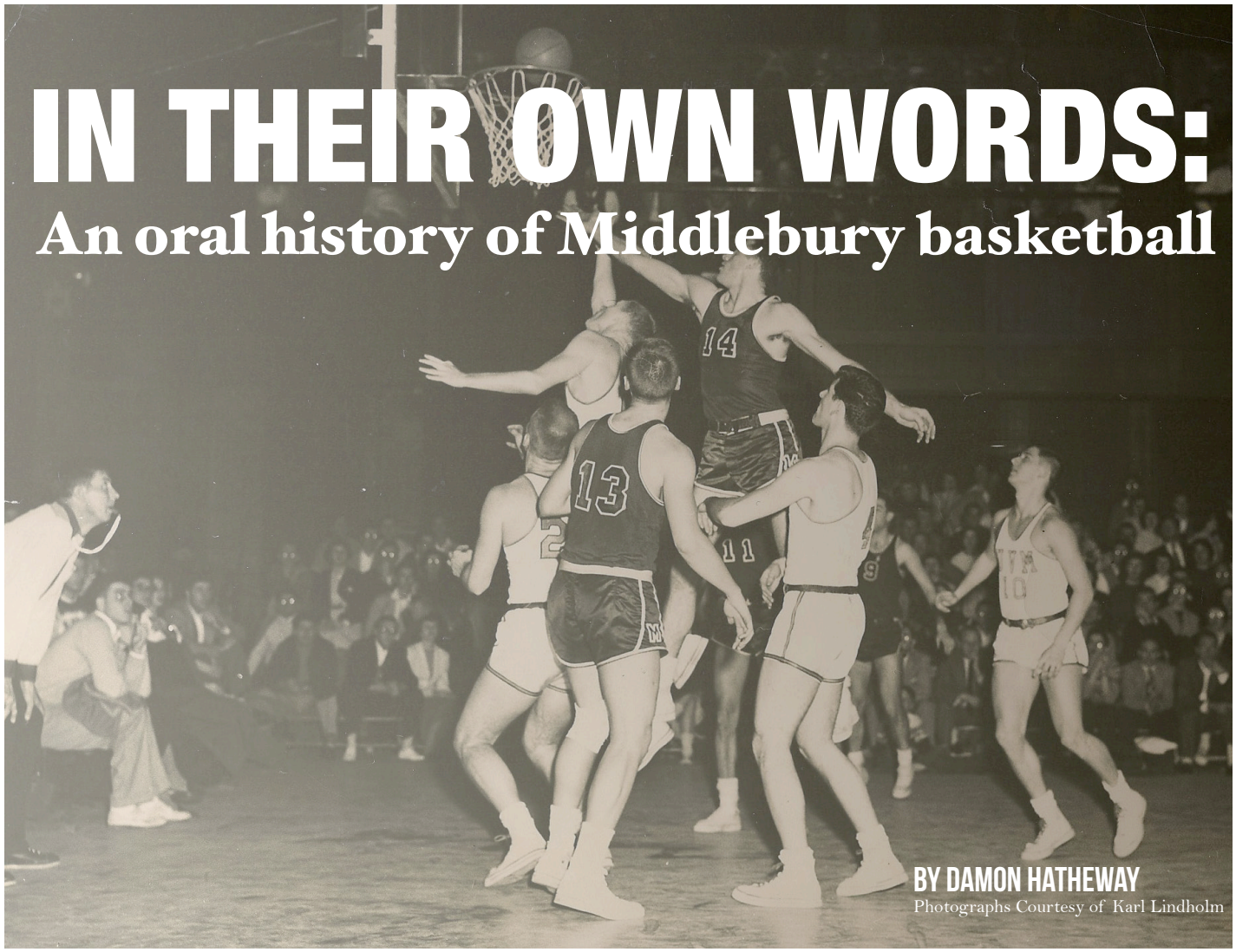
What Leighton accomplished that day – and what she and others continued to fight for years afterwards – was only a small piece in a much larger puzzle that remains incomplete, but it was still a piece, and one that had a real, measurable impact on the sport of track and field as it exists today.

"I have carried a sense of pride in my accomplishment since then," said Leighton. "At some level, it did feel history-making, and that feels good. I've got two daughters who might someday run track in college, and steeplechase will be an option for them. It feels pretty cool that I played a small role in making it happen."

"Today's runners – the coaches even – weren't around in the era when the women's steeplechase wasn't there, but that's great," said Ross. "That's what it should be like. That's what you hope, in the end, it will be like."

IN THEIR OWN WORDS:

An oral history of Middlebury basketball



BY DAMON HATHEWAY

Photographs Courtesy of Karl Lindholm

For most of its history, Middlebury basketball has taken a back seat — often as the caboose — to hockey, skiing, lacrosse and others. Overshadowed by the Snow Bowl and outdrawn at the rink, basketball has traditionally been overlooked by the town and the majority of the student body. This is in part because the College has never advertized itself as a basketball school, but more so because Middlebury basketball has typically ranged between dreadful and, well, dreadful. The program endured 12 straight seasons of fewer than six wins from 1956 to 1968. The '66-'67 and '67-'68 teams took this futility a level further, losing an NCAA record 44 straight games. The pre-World War II era was not much kinder to Panthers basketball. While the team enjoyed an undefeated (7-0) inaugural season in 1917-18, they suffered an 0-13 1921-22 season and won seven total games over a four year span from 1938-1942.

Incredibly, that all changed when a young coach ignited the program, using strong personal connections to attract some of the best athletes in New England. Success quickly followed and a team that had toiled in obscurity began drawing more and more fans. The team became so popular it began to cut into the sizable following cultivated by the hockey team. And with good reason: the team played an engaging style of basketball, predicated on two dynamic players — one a two-way force inside who chased down missed shots at a record pace, the other a slashing guard who played the game fast en route to scoring 1,213 career points, the eighth most in program history. Lest you think this refers to Ryan Sharry '12 and Joey Kizel '14, their names were Tom Hart '56 and Sonny Dennis '55 and they played for Tony Lupien, one of just three Middlebury basketball coaches to finish his career with a winning record.

Lupien inspired reverential awe among many of his former players, who spoke at length about their former coach and their collective experiences at Middlebury. Many of Lupien's players went on to have tremendous success after graduating from the College. Hart played basketball professionally, both overseas as well as for the Atlanta Hawks; Dennis, meanwhile, was drafted by the Chicago Bears to play running back. Carl Scheer '58 and Donald "Dee" Rowe '52 built successful careers in sports management — Scheer as a longtime NBA general manager, Rowe as the basketball coach and Director of Athletics at the University of Connecticut. For roommates Charles Sykes '56 and Zip Rausa '56, who went into humanitarian work and the Air Force, respectively, basketball remained central in their post-Middlebury lives. Recently, these former players were asked to reflect on their careers at Middlebury, which they shared together more than a half-century ago.

PART I: "[Tony] was very democratic, in the Greek sense of* demos *— the people. He knew the people and the people knew him."

Tom Hart '56: [Head coach Tony Lupien] was a tremendous seller of the program and a master of getting the most out of every athlete he had. He instilled a sense of pride in the team and in the school. He was just a great motivator.

Zip Rausa '57: [Lupien] had a very positive impact all the way. He had been a professional baseball player — he was with the Boston Red Sox and a couple of other teams. So he knew all about sports and he knew the mentality of athletes. And of course he had a couple of ringers when I got there: we had Tom Hart and Sonny Dennis and then of course Charlie [Sykes].

Tony lived three hours away [from campus] and he would spend nights sleeping in the Field House. He would go home on weekends or during vacations. He was well-liked on campus and he wanted to win. Winning wasn't everything for Tony, but it was the best thing. He was able to take those three talented guys, Sonny Dennis, Tom Hart and Charlie Sykes, and he blended it in with a couple of guards who were pretty good — Johnny Hoops was excellent — and we finally turned it around and had a winning season. Tony let those of us who were on the JV [team] sit on the bench during some of these games. We went down to play Dartmouth, and that to us was big-time basketball. And Middlebury almost pulled off the upset of the year. I think we lost by two or three points in the last minute or so. Charlie Sykes was kind of a hero in that game.

Charles Sykes '57: It was my freshman year and we went up to Dartmouth to play Dartmouth and we lost in overtime. It was the first away game I ever played, and it was a great game. I was matched [up] with a guy named Pete Geithner, who's the father of the former Secretary of the Treasury, [Timothy Geithner]. I later met [Pete] in New Delhi when I was the CARE Director in India in the early 70's. And I didn't let him forget that I held him to six points in that game and outscored him! It was a great game — I wish we had won it — but they were awfully good.

Rausa: [Tony made some coaching] innovations that I [haven't] seen anywhere before or since, but that I thought were very successful. Playing against a zone defense was kind of difficult, but Tony came up with [a new offense]. Imagine the 2-2-1 setup on the court. You're going against the zone, you've got two guards [at the top], two forwards on the [wing] and the center roaming underneath [on] the baseline. So the way the play was started is the guard on the left-hand side would hit the ball hard, pass it to his other guard on the right, which was a signal for one of the forwards to dash immediately into the foul line. And then the [guard] that tossed the ball in, hurried down to become the guard on the left-hand side, so now you have a 1-3-1 setup. You would stay with that until it didn't work for a while, and then go back to the other innovation. But that way of going from a 2-2-1 to 1-3-1 did a lot to confuse the defenses and it also gave Tom Hart and Sonny Dennis a little more operability, and of course Charlie as well. The other innovation was — and this I did get to play with the varsity in the later years … Tony would designate four guards to be chasers and he would say to us on the bench, "Go in there and give me a good two minutes." And that's all it was. When you went in there, your job was to run all over the backcourt trying to steal the ball and give every ounce of your energy toward that effort. He didn't want us to handle the ball or score anything — just to harass the other team. That worked pretty well for a while.

Sykes: Lupien was a very, very interesting person. I always liked to describe him as the "Dean of Life Sciences" because he was constantly engaged and talking with the team and with individuals on the team. He himself had had a very illustrious life, having graduated from Harvard and been captain of two sports [there]. Then he joined the Boston Red Sox in 1941, I believe, and had a couple of good years with the Red Sox before he went in to the Navy. But he was a very interesting person to be around because he had a sense of humor and he had these interesting tales [that] he would tell, which usually revolved around sports and stories that are passed on from generation to generation amongst those in the locker room.

OH, WHAT A PAIR!
Guard Sonny Dennis '55 (left) and head coach Tony Lupien (right) pose together for a photo. Dennis won 46 games in four years while playing for Lupien, marking the winningest class in program history to that point.

Carl Scheer '58: Tony was professional, expected you to act as a professional in terms of how you acted on and off the court, but he never pushed you beyond what was reasonable.

Sykes: He was also sort of a celebrity in New England. Everywhere we visited and had games people would recognize him — there would be shouts, "Hi, Tony!" Tony knew all these people in every corner of New England, including northern New York state. Everywhere we went they would great him very warmly and vice versa. These were people who were not often professionals — [it was] the bellman at the Hartford Hotel or a gas station attendant or a locker room attendant. And we always wondered how he knew all these people. We all conjectured as to where he might have met these people and finally one day he told us, as we met a gas station attendant, we asked, "Where did you know him from, Tony?" He said, "Harvard Thirty-Four ('34)."

And this would go on over and over and over again. One season we went down to Cambridge to play Harvard in a very low-scoring game. We beat Harvard that evening, and as we were leaving we heard someone say, "Hi, Tony." And Tony turned around and said, "Hi, Jake." And we all looked at each other and said, "Harvard, Thirty-Four!" In a way it told a story about Tony. He was very democratic, in the Greek sense of *demos* — the people. He knew the people and the people knew him. This was part of his character and part of his moniker, this recognition. And it might have reflected the fact that not everyone who went to Harvard, in a way he was saying, was a successful person in the corporate world, or in the government, or making their name in a variety of other fields. I guess that was the underlying message that he was sending to us. Anyway that's what we drew [from it] — maybe we didn't reach the right conclusion, but that's what we thought after knowing him for several years.

Hart: One of my most outstanding remembrances was that it didn't make any difference where we were driving to a game, we'd stop at a gas station or a convenience store and everybody knew Tony, no matter where we were. Even in the arctic tundra of extreme northern New York state we would stop at some little gas station and the owner would come out and give him a hug and say, "How ya been, Tony?" It was unbelievable.

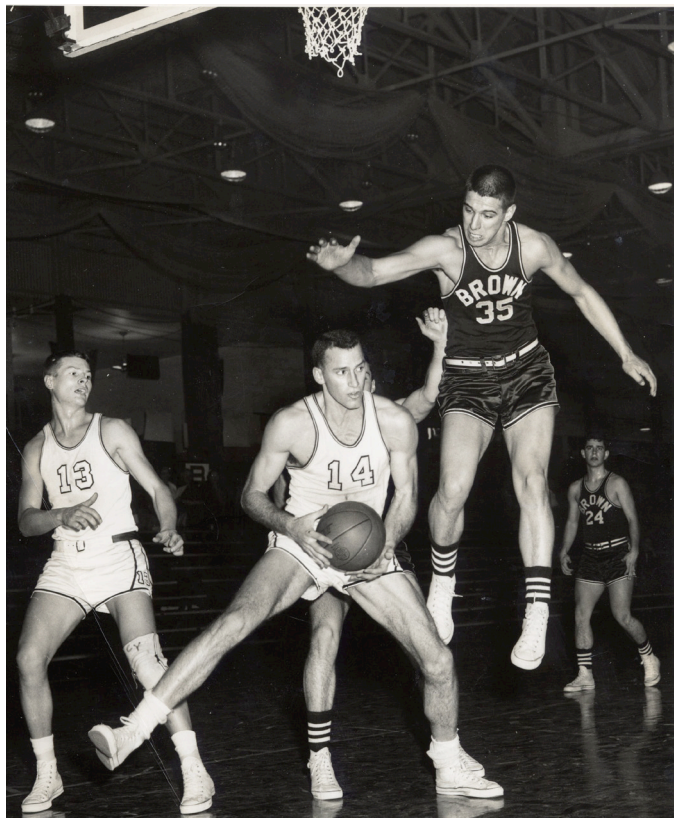
Sykes: There are so many [great stories about Tony]! I think one of the funniest ones [was] he had invited us all to his house and had prepared a great big meal — spaghetti and meatballs. He had been working on the spaghetti and meatballs all day and we were enjoying it, and he was telling us this story. He said, "I like all of you guys, but I'll tell you one thing: you know I have four daughters, but I would

never think of any of you if you walked down the street with your sports bag and your tennis shoes over you shoulder. You wouldn't be eligible to go out with one of my daughters — I just don't trust you athletes." [He said this] with a big smile on his face, of course, afterwards. And we did meet his daughters and they were delightful and very much loved their father and held him in great esteem. As we did.

Rausa: Tony was easy to get along with. He knew he had a couple of major stars in Charlie, Sonny and Tom Hart. And the only one who really gave Tony any trouble — and it wasn't any real trouble — was Tom Hart. Tom Hart was the nation's leading rebounder. I'll never forget the game … I was sitting at the end of the bench. Tony wanted Tom Hart to rebound and put the ball back in or just rebound — he didn't want Tom to shoot from anywhere other than close in. I could tell that [Tom] was itching to shoot some one-hander from, oh, about the 15-foot mark from the basket. It was almost like watching a slow-motion movie: you could see Tom — he got a rebound and he dribbled it back out, just outside the top of the key, and Tony, who had a very deep, baritone voice, could sense that Hart was going to throw up a long, one-hander. So he started repeatedly saying, "Don't do it, Tom. Don't do it." Well Hart threw it up, and it swished through the basket. Tony was irritated and looked at us down the bench and said, "I don't care if that ball went in or not, he was not to take that shot." Well we got a pretty good laugh out of that, and it didn't happen more than once. He was a great organizer, very smart guy and I don't think I ever saw him lose his temper genuinely.

Hart: I was all geared up to take a 15-foot hook shot, and I hear from the bench, "Don't do it, Tom!" [Laughs] I just remember worrying about getting pulled from the game because I took the shot.

Donald "Dee" Rowe '52: Sonny Dennis came back to speak at a function that we had for Tony, and made some comment about Tony that was as great a compliment to a coach as I've ever heard. I'll just never forget it — there was a tremendous amount of love.



ALL HART
Tom Hart '56 grabs a rebound away from future Middlebury coach Gerry Alaimo (right). Hart averaged an NCAA record 29.5 rebounds per game during the 1955–56 season.

PART II: "I wish they had some movies of the old games, just to watch Sonny Dennis run."

Rowe: Maybe the best athlete of our time was a kid named Alfred "Sonny" Dennis '55. He played football, basketball and track. He was African-American. There weren't many African-Americans at that time.

Hart: Sonny was there a year before me [in 1951], and his presence his freshman year brought a lot more interest than Middlebury ever paid to the basketball [team]. So through him they developed a following, I got there a year later, and had a fair amount of success my freshman year. All of a sudden the stands were getting filled and the cheering was almost raucous — it was quite a transformation.

Sykes: [During my freshman year] we would go out on the court and there wouldn't be anyone in the stands at all, maybe 30 or 40 people. But it was interesting: in successive years there were more students, more townspeople and faculty coming to watch the [basketball] games than the hockey games, which was unusual, because we could never compete with hockey in terms of attendance during [my] first year. But we started a winning streak and you could see the people ducking out of the hockey game and come over and watch the basketball!

Rausa: I wish they had some movies of the old games, just to watch Sonny Dennis run. He ran like a deer — he had huge, muscular thighs, but his calves were narrow — I never could understand that. He could drive, he could break some tackles, but if you got him in the open field you were never going to catch him. He was a marvel to watch.

Rowe: Tom was a great player; he was an even better player than Sonny.

Sykes: Tom was a spectacular jumper. In track and field he high-jumped and also broad-jumped. He had this remarkable ability to get up above the rim at a time when dunking was discouraged; in fact, I think Tony would have pulled anybody out of the game if they had tried to dunk the ball. But Tom was able to set such spectacular statistics in the rebounding game that I think are just incredible.

Rausa: I think Tom was only 6'4", but he had enormous arms. You know when you go to Marineland and the attendant holds out a piece of fish for the dolphin and it jumps up and grabs it? That's what it looked like whenever [Tom Hart] went up for a rebound: he just went way up high and came back down.

Scheer: I sat out a year [after transferring] and the year I sat out Middlebury had a very good team. Tom Hart played center and was the leading rebounder in the country at the time.

Sykes: Unfortunately Tom missed a season in which he and Sonny would have played together again. And unquestionably when they were together it was just magical what they could do in terms of scoring and rebounding and how superior there play was to anyone else. In many ways the record seasons that they assisted at that time were attributable to their being together. When they were together it was spectacular.

While the Middlebury basketball program was robbed of an extra year of Hart and Dennis playing alongside one another, Lupien ingrained in his team, and all those who knew him, an appreciation of the things that mattered most in life. For Lupien, success was not measured in wins and losses on the basketball court, but rather in the considerably more nuanced game of life. Under his tutelage, Lupien's teams achieved success on the court, in so far as success on the court was a means to achieving success in life.

BEYOND PRACTICE:

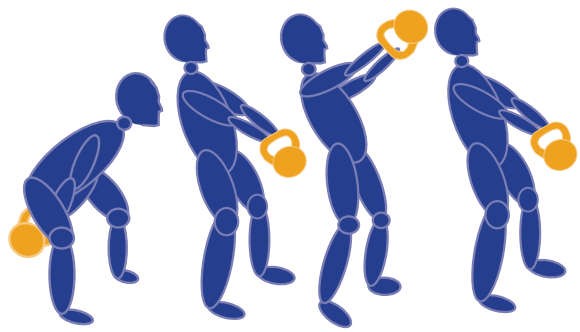
A LOOK INTO CROSS-TRAINING AT MIDDLEBURY

BY ALEX EDEL
Graphics by Olivia Allen

Every Tuesday and Thursday throughout the winter season, Tyler Sandoval '13 lead 60 of his teammates through various mobilizing stretches and instructed them on good weight lifting techniques before giving a general Workout of the Day (WOD). The high-intensity WODs lasted up to 20 minutes and included heavy back squats followed by box jumps or burpies in an intense combination of weight lifting and anaerobic training. After the athletes completed the workouts, the group did not head for the showers, but instead changed into their swimming suits to complete a swim workout. These athletes were not weight lifting exclusively or partaking in a P.E. class — the swimming and diving team ventured outside the natatorium to take part in CrossFit, a cross-training program.

When Sandoval first heard about CrossFit, he knew that it was a training regime that would fit well with swimming. For swimming and other similar sports, athletes find that a cross-training program represents an important training break from the repetitive day-to-day practice. For the swim team, this comes in the form of high-intensity workouts, which Sandoval, a certified CrossFit trainer, leads.

CROSSFIT



THE KETTLE BELL SWING:
1. START SHOULDER WIDTH APART IN A PROPER SQUAT POSITION.
2. PINCH SHOULDER BLADES TOGETHER.
3. CREATE MOMENTUM BY DRIVING BY EXTENDING HIPS
4. KEEP WEIGHT ON HEELS AND EXPLODE THROUGH HIPS

CATZ

THE STAR SQUAT
1. START WITH FEET SHOULDER WIDTH APART, SQUAT DOWN AND REACH FORWARD WITH BOTH HANDS IN FRONT OF YOU.
2. RETURN TO START POSITION.
3. SQUAT DOWN AND REACH FORWARD 45 DEGREES TO THE RIGHT.
4. REPEAT TO EACH OF THE 5 CORNERS OF THE "STAR."

Women's tennis coach Mike Morgan uses a similar program to cross-train his team. Morgan brought CATZ to Middlebury when he joined the coaching staff seven years ago. CATZ started out as a rehab program for athletes trying to recover from injuries but soon became a preventative, "prehab" program to build up specific muscles in areas of the body prone to injury for certain athletes. For example, CATZ specializes in building up muscle around the knee for soccer players who are prone to knee injuries due to their overuse and overextension.

Many teams look to cross-training to help build up targeted muscles in controlled ways. While many teams complete their strength programs through circuit training, some employ more targeted programs such as CrossFit and CATZ. Both CrossFit and CATZ stretch beyond normal circuit lifting by employing workouts that focus more on movements than just a specific muscle group.

After feeling like he was not getting much out of regular circuit lifting, Sandoval found CrossFit was a more effective alternative.

"I saw this video of people online doing CrossFit and I just thought how cool it looked," said Sandoval. "I went through the website and saw that there was a priority of movement over muscle groups. This priority as well as the intensity of the workouts were the first things that really attracted me to the program."

While CATZ and CrossFit differ in many ways, programs that combine lifting with some sort of anaerobic work tend to focus beyond just the physical element of training — they also take an extremely mental approach to exercise.

"If you look at the Spartan races or the Death race [other similar cross-training programs], you are aiming at willpower, confidence

PUSHING UPWARDS
Members of the swimming and diving team work through the movements of a front squat in a CrossFit gym during the team's training trip to Fort Lauderdale Fl. in the winter of 2011.

and the ability to know that you have done something that not many other people are doing," said Morgan. "The science behind it is almost more willpower. The CrossFit side is definitely looking at work ethic with short-burst exercises and 20-minute workouts pushing your anaerobic thresholds and getting a little bit into one plane of motion."

Along with the attitude-building aspects of the training programs that pair weight lifting with anaerobic exercises to both strengthen overall fitness and specific muscles, Morgan speaks to the power of cross-training in general as a healthy and productive alternative form of exercise for athletes.

"Number one, it's good for sanity and, number two, if you are using the same muscles for the whole rest of the year in your sport, it's a good choice to supplement what our bodies do in our sports anyways," said Morgan. "And finally it offers a sort of deconditioning at different times of the year. You are doing things that are still conditioning but it's more for fun and you are doing some things that you wouldn't normally do to get your body ready for the next year."

SQUATTING TO VICTORY
CATZ came to Middlebury with Head women's tennis coach Mike Morgan after he learned about the program in California. He now uses this program for not only the women's tennis team but many other Middlebury teams as well.

While each program has exercises that move across and within planes of motion, CrossFit tends to have exercises that take place in a singular plane while CATZ focuses on multi-planar movements.

These invisible planes divide the body into quadrants, with one plane separating the torso from the legs and another splitting the front half of the body from the back, while yet another runs down the center of the body. With these invisible planes, the body is broken up into eight different planes.

For example, throwing a baseball requires moving the arm from above the right shoulder and twisting the body, ending with the arm beside the left leg. This diagonal movement is considered multi-planar and exists in numerous sports such as lacrosse, tennis, football and soccer. As seen with the star squat (opposite page), each squat involves a twist of the body into a new plane. Other CATZ exercises include taking sandbags off the ground and lifting them to the opposite side of the body, building core and arm muscles through a multi-planar model.

CrossFit does have movements that are multi-planer but primarily focuses on singular plane movements, which are beneficial for sports like crew and certain swimming strokes that move in a singular plane. In the kettle bell swing shown on the opposite page, the body does not twist, but the hips rock forward to move the kettle bell upwards in a singular plane.

Sandoval sees the key to the programs' success as developing how the human body works as a unit, not as a single muscle group working on its own. Both training programs focus on movements rather than simple lifting.

"Human movement can't be boiled down to individual muscle groups," he said. "You have to understand whole-scale movement patterns like external rotation, inflection, and how those interact with each other and how the body moves as a unit."

While CATZ, CrossFit and other similar programs take different approaches to achieving a blend of aerobic and anaerobic excercise, each program can be adjusted to fit the specific needs of an athlete or sport. Tthis means that each person can have a different cross-training program fit directly for their body's needs to prepare for the upcoming season, keep muscle mass during season and stay in shape out of season.

"I think there have always been circuits, but it is just how you organize it," said Morgan. "Are you strictly into Olympic lifting? Do you want to do some more multi-planar movement? What is the end goal of what you are trying to do, not with the workout but with the overall program? In CATZ there is plenty of Olympic lifting and

Photograph by Michael Sapen

I'm sure that there is plenty of agility and multi-planar movement in CrossFit, but each of these programs will have a base. So, it just depends on how specific each athlete and each coach wants to get when adding to that base."

FACE OFF

FEATURING

ATHLETE OF THE YEAR LAUREN GREER

BY DAMON HATHEWAY

Lauren Greer '13 lay underneath a pile of her teammates, having just been gang-tackled and then body-slammed into the cold, hard surface of Kenyon Arena. Seconds before, Greer had collected a diagonal breakout pass from linemate Jennifer Krakower '14 near the center of the ice, gained the blue line and, with an Amherst defender closing on her, fired a shot on net that trickled through the pads of the Lord Jeffs' goaltender. Greer's shot had just enough momentum — the ice having been groomed less than 10 minutes previously — to carry the puck, quite literally in slow motion, over the end line. Amherst players stood littered around the net, powerless to stop the puck and, with it, hope of a NESCAC championship from sliding just as slowly and decisively away.

And then Greer erupted in a flail of arms and excited hops — the embodiment of unbridled joy — nearly losing her footing. Her teammates did the rest, dragging Greer to the ice in a euphoric storm of gloves, sticks and bodies.

Greer had just scored the game's first, and only, goal, 6:17 into overtime. For the second straight season, the Middlebury women's hockey team had won the NESCAC championship.

Standing on the bench behind his players, head coach Bill Mandigo watched his team execute the final sequence of the game to perfection, only to be outdone by the exuberant celebration that followed.

"There are a lot of people that make everything happen; there's no one person who does everything on their own," he said. "We had a great breakout and Jen Krakower gave [Lauren] a great pass to send her down. But the thing that stands out is the sheer joy of watching [Lauren] jumping up and down. The excitement [too], but the joy. That's the moment that I will always cherish."

"It was [a] textbook breakout [play]," said Greer. "We always practice that play, of turning back around [in the defensive zone]. It was kind of magical that it happened in that moment."

"And then they destroyed me," she added, laughing. "Jennifer Krakower actually laid me out. More than the goal, that was hilarious."

And therein lies the vigor of Greer's spirit: at once "fiercely competitive ... but also fiercely joyful," reckoned Director of Athletics Erin Quinn.

"I was at their ice hockey banquet last night and I happened to look over at her table and she was listening to whatever was being said with this intense, Lauren-Greer face and then [she] broke into the biggest smile-laugh," Quinn recalled. "[And] at that moment I thought, 'that's her playing career right there' — just super intensely focused and then, when it came to the appropriate time, [she] broke into a laugh that [made me think] ... 'It's fun to see people that intensely happy.'"

Greer never intended to go to Middlebury — not initially, anyway. Mandigo, who understood that Greer would likely draw the attention of a number of Division I programs, maintained contact with the Exeter student, hoping to provide Greer with a safety net should her Division I aspirations falter.

"I [had] sent her letters probably since she was a 10th-grader," said Mandigo. "[In] the last letter I wrote to her in the summer entering her senior year I said, 'Listen, this is the last letter I'm writing to you. You know we'd love to have you, but I know you're going to have other options and you have dreams of playing Division I hockey. But if it doesn't work out, then get back to me.'"

Greer, as suspected, had eyes only for Division I ice hockey, at that time considered her primary sport.

"My entire life my goal had been to play college hockey — that was my focus," she said. "Field hockey was only something that I sort of did in high school because I wanted to play all sports there. I was really just focused on going [through] the whole college hockey recruiting process."

Then, during Greer's senior year, those letters from Mandigo resurfaced — not in her mailbox, but rather in the forefront of her mind.

"My senior year as it was getting down to the wire with Division I commitments I sort of took a step back as I was getting pressure from various schools," Greer said. "I was a little uncertain of what I really wanted to do. I was familiar with the assistant [ice hockey] coach here. She had called me [when she heard] that I hadn't made a decision yet regarding ice hockey and said, 'Middlebury's still an option if that's something that you're interested in.' That sort of opened up my eyes to not just playing one sport [at the Division I level] but being able to play two and being a well-rounded athlete and student."

Greer wasted little time in making her decision.

"I came up for a visit and watched the field hockey team play and I saw how much fun they were having and instantly realized that I didn't want to give up playing field hockey because I had come to love it so much playing at Exeter," recalled Greer. "Within a week I applied early decision and haven't looked back ever since."

After scoring one of the most memorable clinching goals in program history to capture the 2012 NESCAC title, Greer was credited with scoring zero game-winning goals during the 2012-13 women's ice hockey season. Instead, the senior from North Hampton, N.H. was too busy scoring the game's opening goal. In an injury-shortened season in which Greer played in 24 of her team's 30 games, she scored 11 goals. Six of them gave her team the first lead of the game. She also had a knack for striking in her team's biggest games. Eight of her 11 goals came against Elmira, Plattsburgh, Bowdoin and Amherst — four teams which had a combined record of 85-22-6 (.805 win percentage).

While Greer's goals on the ice are marked by their magnitude, her play on the field demonstrated overwhelming dominance. The Phillips Exeter alumna led all of Division III field hockey with 38 goals and 90 points en route to being named the National Player of the Year while leading her team to a NESCAC championship and an undefeated regular season.

In four years playing field hockey and ice hockey, Greer's teams won three NESCAC championships, appeared in two national championship games and compiled a combined record of 140-39-9 for a .769 win percentage.

Greer will graduate as the most accomplished player in the history of Middlebury field hockey, having obliterated the previous program record for goals (66), totaling 111 in four seasons, an incredible 73 of which came during her junior and senior seasons. The most decorated forward in school history also graduates as the all-time leader in assists with 45.

But when Greer reflects back on her illustrious career, she does not recall a game-winning goal or a NESCAC championship. She's not even wearing the snow-capped white home uniform with navy blue trim or playing in front of friends and family.

"There are those sports moments — like winning NESCAC championships — where half the school rushes the field, or an overtime win, or even upsetting undefeated Plattsburgh [that] always stick out," said Greer. "But more than anything I think just being able to go out to practice every day and have fun, time after time, is what I'm going to think of when I think of my Middlebury career."

"That's a highlight of a 25-year career to hear someone say that," said Mandigo. "There are so many times when you talk about practice. We say it all the time to kids: 'when you cross the street to come down here, you get to forget everything on the other side. It's a two-hour window to kind of let go.' And [Lauren] has embraced it — the way we practice with small games. She's someone who gets what she gets out of it, but also enjoys it. Not everyone gets to do that; there are kids who go out there and it's work. And Lauren worked at it, but she worked at it and had fun."

Following her junior season, Greer had set seemingly unsurmountable goals for herself. She headlined a field hockey team that finished the previous season as the national runner up, with Greer earning Regional Player of the Year honors while setting a new Middlebury single-season record with 35 goals. On the ice she had led the Panthers to their second consecutive NESCAC title, paeing the team with 29 points in just 24 games. Greer was named a first-team All-NESCAC and second-team All-American selection at season's end. Somehow — incredibly — the best of Lauren Greer was still to come.

In her senior season on the field hockey turf, Greer broke her own single-season goal record, tallying 38 goals in 19 games, while leading the Panthers to an undefeated regular season. Entering the tournament as the top seed in the NESCAC, Greer and the Panthers were primed to capture just their second NESCAC title in program history.

Middlebury v. Amherst 3-2^{W} OT
November 03, 2012
Kohn Field, Middlebury, Vt.
NESCAC Semifinals

Charlotte Gardiner '13: *Margaret Souther '13, our star defender, got injured in the first five minutes [of the game]. I'm not surprised Amherst [pushed the game into overtime]; they are a great competitor and the postseason is anyone's game.*

Lauren Greer '13: *That whole week we had been practicing overtime [scenarios]. We all looked at each other and said, "this is something we've just done all week. We love overtime ... we're going to win this game.*

Gardiner: *I remember that corner exactly. I never enter the ball and I gave it to the wrong person. Thank goodness they [fouled] again and we got the ball [back]. And then it was like, "Ok, I have to give it to Lauren this time." I just know when Lauren is going to score — she has this aura about her almost.*

Greer: *I got the ball on the left side of the corner, and something that I find myself doing a lot is shooting off my off-side and getting the goalie to commit to my side and then shooting in the opposite end. I thought it was going to go wide, [but] it happened to sneak in on the inside right post and I was like, "thank God," because in my experience here we had never made it to the NESCAC Finals.*

Middlebury v. Bowdoin 3-2^{W}
November 04, 2012
Kohn Field, Middlebury, Vt.
NESCAC Finals

Greer: *Bowdoin is a team we love to play and it's an emotional game, especially when you're hosting the NESCAC Finals and it's two degrees outside.*

Cat Fowler '15: *I mostly remember the penalty shootout. Lauren always goes first because it's always good to start with a goal. We know Lauren's exact move: she's going to spin around, pull left or pull right and we knew that would put us on top right away.*

Greer: *The move that I used, "the 180," was my go-to move.*

Fowler: *I remember I had to anchor it, and that was nerve-wracking, but I didn't even know if I scored if we would win. I was just so focused on doing my move. So I scored and started running back and people started celebrating.*

Middlebury v. Skidmore 6-2W
November 10, 2012
Kohn Field, Middlebury, Vt.
NCAA Regional

Fowler: *Lauren and I had a lot of confidence in this corner play that we call "V." [On the first goal], the ball came out to Lauren, she slipped it to me, I slipped it right back to her and then it's a finesse shot, a little wrist shot [like] you see in ice hockey. There's no wind-up, she doesn't take her stick off the ball and just places it right in the goal.*

Fowler: *[The second goal happened on] another play we liked. I received the ball in the center and drew [two defenders] to me and then slipped it over to Lauren who [did] a one-timer. And she cranked the drive right into the corner.*

Greer followed her historic autumn with an untimely injury, breaking her fibula in an early ice hockey practice. She returned for the majority of the winter season, fueling the team's run to the national championship game.

Middlebury v. Amherst 5-2W
January 12, 2013
Kenyon Arena, Middlebury, Vt.
NESCAC Regular Season Game

Bill Mandigo: *Let's go back to the night before. We're winning 1-0 with 40 seconds left and we give up the tying goal. And we shouldn't have. So instead of us winning 1-0, all of a sudden we're 1-1 going to overtime. There were a lot of people who could have gotten the puck out of the zone, including Lauren. So now we go back to play the next day [and] Amherst is all fired up. I'm worried about our kids — what's their mental standpoint? How are they feeling?*

Greer: *Being able to return [from injury] to a seires like that was the best thing I could ask for — playing a really competitive game against our biggest rival. That's what changed the mentality of the next day for the team. We can't lose to Amherst — not on home ice. That's not going to happen.*

Mandigo: *[Lauren] goes out and gets two goals right away. You talk about this sense of relief: 'Alright, Lauren did it.' And from there — not that it was easy — but when you're struggling sometimes to put the puck in the net and you get that first goal, it has a relaxing effect on the bench."*

Molly Downey '13: *Lauren set the tone that we're not backing down and we're going to take advantage of all of our scoring opportunities. She just capitalized right of the bat.*

Middlebury v. Plattsburgh 4-1W
March 15, 2013
Wessman Arena, Superior, Wisc.
NCAA Frozen Four

Greer: *It started when we found out that we were flying [to Wisconsin] with Plattsburgh ... we were going to be next to them on a flight for a couple of hours. And the time we had played them before was really a terrible effort and not the way our team knows how to play. Going into the game we were just so amped to play Plattsburgh and to be the ones that could put the stain on their undefeated season.*

Mandigo: *We're in the NCAA semifinals. Are we just happy to be there, or are we there to try and win the game?*

Greer: *We came out a little shaky in the first minute and then found our legs and our energy. Any opportunity that we were going to get around the net we had to capitalize on or at least make them panic and scramble. So when that rebound came out — it luckily just came right to my stick — I shot it as quickly as I could and tried to go high just in case, and luckily it went in. That was a huge momentum starter for us, and after that goal went in we were like, "Alright, they're not impossible to beat."*

Mandigo: *[Lauren is] one of possibly two people on our team who could do that. She gets it, rips it and it's a great goal, so it sends an unbelievable message to us. It also tells the Plattsburgh team, "we're not going away."*

Lauren Greer was the unanimous decision for Athlete of the Year in this inaugural edition of *There's Only One Middlebury Sports Magazine*. Few athletes possess the phsyical ability to rival Greer on the playing field. Fewer still possess the work ethic and enthusiasm to rival Greer's dedication to perfecting her craft. We wish her the best of luck in her pursuit of a spot on the U.S. national field hockey team.

"And then they destroyed me," she added, laughing. "Jennifer Krakower actually laid me out. More than the goal, that was hilarious."

Photograph courtesy of Middlebury Athletics

Q&A WITH LAUREN GREER HERSELF

Damon Hatheway: *What was the first sport you ever played?*
Lauren Greer: *Does dance count? I did ballet, tap and jazz. That was my first athletic endeavor — I was four years old.*
DH: *Did that help with the footwork at all?*
LG: *I think it did. It helped balance, poise I guess.*
DH: *What's the worst play you've ever made on the field or on the ice in your career?*
LG: *I redirected a puck in [the goal], playing defense in a championship game in my youth hockey games.*
DH: *What's your favorite pre-game meal?*
LG: *Bagel. Bagel and coffee.*
DH: *Proctor or Ross?*
LG: *Proctor.*
DH: *IF you could play any other sport what would it be?*
LG: *I would definitely be a gymnast.*
DH: *Which events?*
LG: *The floor and uneven bars.*
DH: *I know you're a pretty big* Harry Potter *fan. Favorite book?*
LG: *Four.*
DH: *Totally agree. Favorite character?*
LG: *Hermione.*
DH: *If you played quidditch what position would you play?*
LG: *That's tough. My gut reaction is chaser because scoring goals is fun. But everybody glorifies the seeker. But I'm going with chaser.*
DH: *10 years from now, where are you and what are you doing?*
LG: *I hope I'm creating something related to film. I don't know where I am … I'd hope Boston, because I'm hearing Boston may be a big film hub at some point, so I'm hoping I'll be there, but wherever film takes me I'll go.*
DH: *Who's your least favorite team to play?*
LG: *I'm going to have to say Bowdoin. It's a love-hate thing. I like playing them, but I hate losing to them.*
DH: *Can you explain your Twitter handle? [@QueenFrostine14]*
LG: It was my first screenname, when AIM was huge. And then when I had to get my twitter handle for class here, somebody suggested Queen Frostine as a joke and I said, "You know what, I'll do it."
DH: *Last one, and I have to ask this: field hockey or ice hockey?*
LG: *I love them both for what they offer. I wouldn't have one without the other. I wouldn't be here without hockey and my Middlebury experience wouldn't be what it is without field hockey. I like that I have two teams to go to and two sports.*

A TOWN & A TEAM

by Owen Teach

Photographs by Will Costello

Ask Hugh Marlow '57 about the significance of the Middlebury College men's ice hockey program to the town and you will hear quite a story. Marlow, the team's captain during the 1956-57 season, talks of a sport that, more than 50 years ago, was far different than the fast-paced version seen on the Kenyon Arena ice today. His freshman year, the rink (then located in the converted airplane hangar of Nelson Arena) was natural ice, meaning that the team had to wait until it was below freezing to open up the doors and make the playing surface. If the weather was not suitable for ice, they would practice by shooting pucks off plywood at the goalie, who in those days did not wear a helmet. The rink also was surrounded by chicken wire instead of reinforced glass, and the players played without facemasks and with only a small piece of leather for a helmet.

In other words, the game has come a long way.

Despite this transformation on the ice and, more recently, a downturn in student attendance, one thing has remained constant: the unwavering support of the town. Current head coach Bill Beaney, steward of the program for the last 26 seasons and winner of eight NCAA championships, points to a deep-seated relationship between the program and the town dating back to at least the 1950s.

Marlow attests to this fact, as he can remember playing under head coach Walter "Duke" Nelson '32 and in the company of several All-Americans that began the surge of the program's popularity in the community.

Marlow remembers that the owner of the local Esso gas station (where Otter Creek Bakery sits today), Moose Probancha, would invite Marlow and other players over to chat hockey while coach Nelson would sit at Middlebury Market sketching up plays on paper bags with the locals.

"After the game you'd go down to the restaurant where Sabai Sabai is now — the name was officially Lockwood's (we'd call it Lockjaws) — and you'd get a hamburger or a grilled cheese and a milk shake and be surrounded by town," said Marlow. "I remember coming back here in 1980 and there was a guy that grew up here (unfortunately he went to Williams) and he said 'I remember when I was 9 or 10 years old you gave me a stick after the game.' People were there and participated."

The town-team relationship has only grown over the 56 years since Marlow's senior season to the point where, today, a community group headed by Scott Needham and team radio broadcaster Jim Laberge, the Friends of Panther Hockey (FOPH,) organizes town support for the men's and women's teams.

Team members also engage in hundreds of hours of community service. Some of these team-led initiatives include providing clinics at the local rink, a summer Panther hockey camp, mentoring programs at local schools and participation in the Addison County Special Olympics basketball team. A yearly "Skate with a Panther" night in which four or five hundred fans from the town collect autographs from the players on team photographs, jerseys and sticks is another way the two groups coalesce. This season forward Chris Brown '13 and others helped to organize the Wounded Warrior Project where over the course of two games the team raised just over $16,000 for veterans' empowerment — largely with the financial support of the local community.

"We thought [the Warrior

project] was going to be a success," said Brown. "But the fact that as a small community in the middle of Vermont at a D[ivision III] school we were able to raise close to $20,000 between everybody ... it's a testament to how things work between the town and the team."

For Beaney, fostering the relationship boils down to venue. Kenyon Arena, opened in January 1999, serves as one of the most important gathering places for the town of Middlebury. Many local fans in the stands at Kenyon have been a part of the program for their entire lives, with many families boasting three generations of support for the Panthers.

"It's a warm building and people have always used it as a social space," said Beaney. "When people come to the games they watch the hockey, but it's also an opportunity in the middle of the winter to visit with their friends. I think [Kenyon] has become a beehive for that situation."

And it shows. Compared to other Division III programs and even many programs in Division I, Middlebury enjoys some of the strongest fan support in the country. Current students may not entirely appreciate the strong tradition surrounding Middlebury hockey given the team has failed to qualify for the NCAA tournament since the 2009-2010 season. Beaney recognizes the visible drop in student support over the past few seasons, but at the same time understands the reasons for it.

"Where we were, we have fallen off. Certainly we appreciate the student support when we get it, it's a real boost," said Beaney. "I think that in any program, if you are more successful on the scoreboard the students are going to come. Even sometimes when you are successful on the scoreboard, and we have a lot of successful teams [at Middlebury], you don't always get student support."

In contrast to this wavering student support, Chris Steele '13 points the consistency of the town's presence as emblematic of its loyal following of the team.

"I know that I'll come back in five years for whatever it might be and the same people will be sitting in the same seats," said Steele. "I think that's a testament to the support and the relationship. I think that'll be there regardless if the team wins five of the next six national championships, or it doesn't win any."

The Panthers have been – and continue to be – a hot ticket in town.

Beaney and others tell stories of lines stretching down the sidewalk from Nelson arena to the admissions office and beyond to buy tickets to ECAC playoff games in the early 1990s. The events would sell out in a matter of minutes.

The town support doesn't stop at home either. A large coalition of local fans makes the trip to several away games each year on busses paid for by FOPH – sometimes even outdrawing opposing teams in attendance at their own home rinks.

More than providing entertainment for town members and students though, the team acts as a cohesive vehicle to galvanize a shared identity between the College and the town. Steele recalls how during his first season as a Panther he was amazed at the uniting impact the games had.

"Our freshman year when you scored a goal at home, you would hear the people of the town singing the Middlebury College fight song along with the students," said Steele. "It's kind of a unique situation — you're sitting on the bench and you think that these people's lives are significantly different, but we're bringing them together for us. It's one of the most rewarding things ever."

Beaney echoed his graduating defenseman's words.

"Whether it's the President of the College or a guy that drives a delivery truck, it makes no difference," he said. "It's people coming together to enjoy each other and support what has by and large been a successful program on the scoreboard. And perhaps in many ways more successful in the important things — that is uniting people in the town with the students and faculty of Middlebury College."

That, in many ways, is one of the most crucial roles played by the hockey team in the town. Steele talks of the team as a way to bridge what can often be a divisive relationship in many college towns.

"They refer to some of the [students] as, 'Oh, you're up on the hill.' I think that is a serious flaw," said Steele. "It gives us a unique opportunity to mend that relationship between the College and the community and it puts us in a good situation because it allows us to do something that maybe somebody else on another team doesn't get to do."

Beaney says the hours of time the team puts into community interaction fuel the strong relationship with the townspeople.

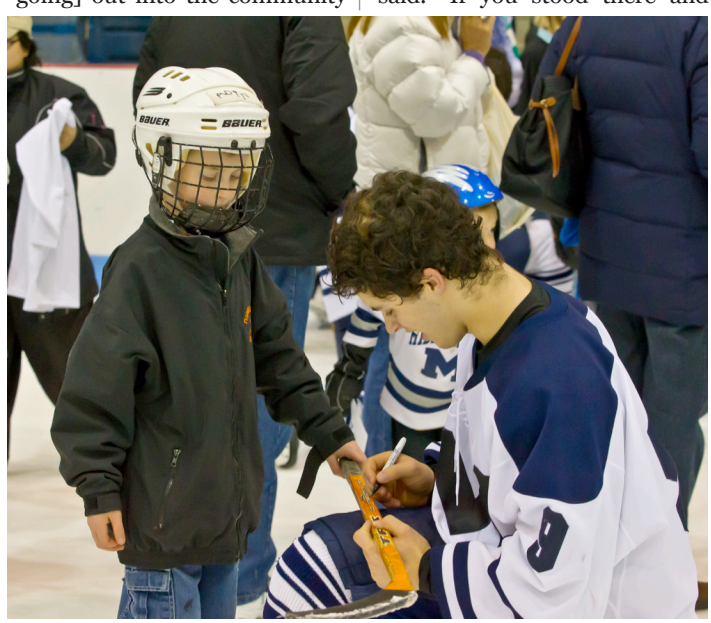
"I think it's the involvement and the interaction [of the team going] out into the community and having a positive effect, not only as mentors but as role models," said Beaney. "The players are people that give the College a personality in the town. I think that's probably the reason why the townspeople have continued to come."

In a hockey-crazed state like Vermont without any professional sports teams, the team also plays the role as the "town's team." From that, the players remarked on the relative sense of celebrity the feel with members of the town. Steele talks of having numerous Facebook messages from people after the team wins a big game. Brown remembers the surreal moment during his first season when he realized that three young kids in the stands had his name and number 19 on the back of their jerseys.

"When you are playing games you are doing it for the town," said Brown. "For four years here, the people surrounding the program made me feel bigger than I ever deserved to be."

Marlow takes it even a step further.

"The players are gods," he said. "If you stood there and



SIGNING WITH LOVE
Louis Belisle '14 happily signs the hockey stick of a young hockey player on the ice durin an event meant celebrate the close relationship that the ice hockey team and the town share.

WOUNDED WARRIOR
On Feb. 1–2 2013 the men's ice hockey wore camoflauge jerseys and recognized local veterans as part of their Wounded Warriors Project, a fundraising event.

watched the [young] kids and saw them when the players go off the ice in between periods these fists are draped over the sideline, you would understand."

Susan Nerbak, the mother of former player Charles Nerbak '12, said that even she would get attention from the town when she came up for home games during her son's four years on the team.

"A lot of people knew me as the mother of a player," she said. "I would go into the Middlebury shop and people would know that I was Charles's mother and they'd ask me about him. The people are so hospitable and friendly and they are so welcoming. It was such a beautiful experience. I went back this year even though my son isn't playing to see some of the people and catch up."

For Carolyn LaRose, an administrative associate in the athletics department at the College, the traditions run deep. A large group of fans, including she and her husband David, line up hours prior to home contests so that they can be the first ones in the doors to ensure they get the same seat at every single game.

"I could go around the rink and show you pockets [of strong town support] because a lot of people for the 14 years [Kenyon] has been open have sat in the same seat," said LaRose. "We used to fight with the AD to see if we could put our blankets, jackets or piece of tape down to hold our space. We'd all grumble and say, 'the person who wants my seat hasn't come to every game' because if they came to every game, they'd know that that's where I sat for every game. He finally backed down."

The sense of family among the community of Middlebury hockey supporters indicates just how significant the team is to many locals.

Take the story of Bob "Bub" O'Bryan. O'Bryan sat behind LaRose and her husband for many years at Kenyon and attended all of the women's games as well. He was diagnosed with lung cancer a year ago and, because of his health, could no longer make it to the games.

"Shortly after he had his surgery, prior to a game I took a blanket to him over at the hospital, LaRose said. "And [when I got there] I said, 'Bub, here's your blanket. I couldn't put it on your seat so I want to put it on the edge of your bed instead.' Of course it made him cry, but until the day he died that blanket was very close to him."

As O'Bryan began to suffer even more from his condition, LaRose tells another story of the team reaching out to him.

"Because he was so involved, I wanted to put a smile on his face so I got the coaches and players to sign a jersey for him," said LaRose. "My husband and I took it to his house and again, it made him cry but he was thrilled that the [two] teams were willing to do that for him … someone that they didn't really know, but knew was an important part of Middlebury hockey. This gentleman has not missed a game until this past year."

LaRose, herself, has missed only one game at Kenyon Arena — its first, an 11-1 Middlebury win. She was in the hospital at the time when the man sitting where she does now had a heart attack during the game. The very next contest she and her husband claimed those seats. They have been there ever since.

> "The town is the program and the program is the town. The two are intertwined so fully, and that's just how it works. When you get here as a freshman, it's the way it's been long before you got here and you just buy into it."
>
> Chris Brown '13
> Forward

The tradition of support for Panther hockey also is starting to take hold in the youngest generation of the Larose family.

Carolyn's granddaughter, now six, has been attending games since she was two weeks old.

"She refers to them as 'her hockey boys' and looks forward to the season starting and has each year picked out a player to keep an eye on," said LaRose. "She does the 'cheer, boys, cheer,' along with many of the other cheers and fist pumps everyone in our area does when we score. She's a great fan."

It's this type of lifelong support that makes the connection what it is, according to Beaney.

"It's from the Zamboni drivers (Butch Atkins and Stan Pratt) and the same goal judges that we've had for years," said Beaney. "Those are people that for the most part grew up watching Middlebury hockey from the time that they were kids. I don't want it taken the wrong way, it's not better than any other sports here. It's just different."

As they move beyond the team, Brown and Steele still have difficulty defining the relationship.

"The town is the program and the program is the town," said Brown. "The two are intertwined so fully, and that's just how it works. When you get here as a freshman, it's the way it's been long before you got here and you just buy into it."

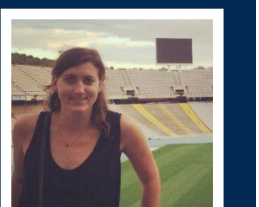
"Putting on the sweater every night — it's bigger than just playing for the College," remarked Steele. "You are also playing for the community. We owe it to the [townspeople] and they make this place what it is. Without them, Middlebury hockey would not be perceived the way it is in the rest of college hockey."

THE EDITORS WEIGH IN

DAMON HATHEWAY

WHAT WAS YOUR MOST MEMORABLE MOMENT AS A FAN?

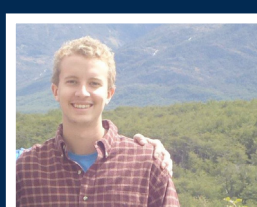
I cannot imagine that any future Middlebury sporting event will ever surpass the February 12 Middlebury-Amherst triple overtime men's basketball game. It had everything you could possibly ask for in a sporting event: two immensely talented teams raising their level of play to match the magnitude of the game; a heated rivalry; a raucous crowd; a *Sportscenter* top-10 play; and a game that was seemingly won and lost multiple times by both teams. The ending left something to be desired, of course, but that game will be forever ingrained in my mind — as indelible as a certain Travis Farrell shot. Painful, yes, but undeniably memorable.



ALEX EDEL

WHAT DO MIDDLEBURY ATHLETICS MEAN TO YOU AS AN ATHLETE?

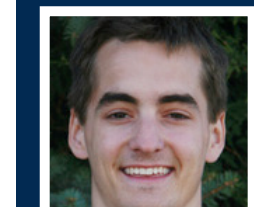
All of us athletes want to do well not only for ourselves, but also for our teams and our school. This sentiment combined with our ferocity and willingness to work hard makes us one of the best — if not the best — Division III athletics program in the country. Winning the Director's Cup last year only reinforces our overall athletic prowess. This means that every time I wear a Middlebury athletics t-shirt or walk on deck for a swim meet, I wear the Panther logo with pride for the amazing community of athletes that works so hard to achieve greatness for the institution that we are proud to represent.



OWEN TEACH

WHAT IS ONE IMPROVEMENT THAT YOU WOULD LIKE TO SEE IN MIDDLEBURY ATHLETICS?

Honestly, I would like to see student support improve for some of the teams at Middlebury. The women's hockey team in particular had a fantastic season, falling just one goal short of winning the national championship. Yet, I was surprised at the visible lack of student support during the team's nail-biting 2-1 loss against Bowdoin at home in the NESCAC final. Student support for the men's team has dropped off precipitously as well. I can remember coming to a game my fist year where it was standing room only in Kenyon Arena – something I'm sure hasn't happened in a while.



FRITZ PARKER

WHAT DO YOU FEEL THE ROLE OF ATHLETICS IS ON CAMPUS?

I think it's important to have a nuanced understanding of what it means for a college to support its athletes, particularly one that goes beyond game attendance. We do a great job of assimilating athletes into the broader community and being mindful of the commitment and sacrifice that it takes to balance school and sports. The attitude at Middlebury is that it's not enough to be just a student or just an athlete, and we embrace the mutuality in the term student-athlete in a way that is frankly quite rare in college athletics. I've never run into a professor or fellow student here who didn't respect that I have to be at practice every day from 4:30 to 7:30, and I think that says a lot.

A FINAL WORD

I have felt a strong connection with Lauren Greer and the women's hockey team ever since I witnessed her overtime heroics and the dynamics of the team in the NESCAC championship game just over a year ago.

My dad was in town that weekend, so I suggested that we go to the game together. Though he and I have attended countless sporting events together, this one remains in the forefront of my mind. There was something extraordinary about that game and the authentic, unfettered emotion on display throughout. What was so remarkable was the sense of camaraderie exuded by every member of the team. They could have cared less if the stands were completely empty; they were playing the game for precisely the right reason: one another.

– Damon Hatheway '13.5

As a swimmer here at Middlebury, I understand how integral cross-training is to our training regime both in and out of season. Our team began doing CrossFit last year and has continued to use it as our lifting program. I was curious to see what other teams used cross-training programs and how these programs differed from one another. More broadly, I wanted to write this article to show what goes in to being a varsity athlete at Middlebury beyond just the sport itself. Most teams complete some sort of cross-training whether it is CrossFit, CATZ or more general lifting circuits. The type of graphic we used to occumpany the article would not have been possible in a newspaper and displays the type of detail that is perfect for a magazine format. A huge thank you to our design team for making the graphic possible.

– Alex Edel '14

During my February orientation, I stepped into Kenyon Arena to a sold-out Middlebury vs. Norwich game in which the stands was entirely made up of fans from the respective towns since very few students were on campus. Therefore, when considering an aspect of the Middlebury athletics' culture to investigate, the special connection between the school and the town seemed an obvious choice. As Chris Steele '13 told me about the relationship, "It's hard to sit here and sum it up." It was equally challenging to capture it in a single article. I could sense in talking to those related to the program that the sense of deep-rooted passion for the hockey programs is an integral way that the town interacts with the College. I hope that my article is a start to doing it justice, and I thank all those who helped me with their thoughts.

– Owen Teach '13.5

I heard the story of Betsy Leighton's steeplechase for the first time at a Title IX panel discussion back in the fall, and immediately felt that it was a story that needed to be shared. I couldn't believe that something so clearly impactful had happened here, yet no one seemed to know about it. I am a runner on the Middlebury track team, so many of the story's people and places are well known to me; all it took was a little bit of digging to uncover the rest. In my mind, the story is a celebration of the history that flows all around us, and a reminder of the importance of keeping that history alive.

I extend my thanks to Patty Ross and Martin Beatty for helping me tell the story, and to Betsy Leighton, without whom the story would have never been told.

– Fritz Parker '15

THERE'S
ONLY ONE
Middlebury
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MAGAZINE
Photograph by Sasha Schell